



MYTHS ABOUT CHILDREN AND GRIEF

- ✦ **Children don't understand death. Therefore, they don't grieve.**
- ✦ **Everyone grieves the same way, in a logical & orderly progression.**
- ✦ **Infants/toddlers are too young to grieve/mourn.**
- ✦ **Children are resilient. They "bounce back". Grief is short term.**
- ✦ **Childhood bereavement always leads to a maladjusted adult life.**
- ✦ **Children are not affected by adults' grief.**
- ✦ **Speaking of the deceased will reopen a child's grief wounds.**
- ✦ **Children should be PROTECTED and SHIELDED from the pain of grief.**
- ✦ **Children cope with grief more easily if they have LOTS of activities.**
- ✦ **Children don't hurt as much because they understand less.**